

HAWAIIAN COFFEE.

Hawaii is not alone in the difficulty of finding a market for its coffee in the United States, as it sold only 21,500 pounds there in the last fiscal year. The total imports of coffee into the United States, admitted free of duty, exceeded one billion pounds during the last fiscal year, an increase of three hundred million pounds within two years. The sources of supply from which the United States obtained this coffee were as follows:

U. S. IMPORTS OF COFFEE.

Year Ending June 30, 1902.

From:	Pounds Free.	Value.
Brazil	888,122,000	\$2,819,200
Other Americas	27,407,215	2,502,554
United America	48,514,504	4,568,183
British India	20,944,254	2,538,414
East India	16,000,000	1,587,040
West India	11,001,197	824,528
Other Asia and Oceania	5,005,206	773,207
United Kingdom	2,582,512	296,831
Netherlands	2,218,742	272,539
Germany	936,450	79,961
France	263,232	31,250
Africa	22,150	2,132
Other Countries	169,999	22,328
Total	1,081,004,252	\$70,982,156
1900	787,391,511	\$2,467,945

Average import price, six and one-half cents per pound.

Brazil supplies almost 800,000,000 pounds, or within 200,000,000 of the total supply imported by the United States from all sources. The amount of money paid last year to Brazil for coffee was \$28,819,200. During the same year, 1902, that the United States paid this amount of money to Brazil for its coffee, Brazil only purchased from the mainland goods worth \$10,391,126, showing the balance of trade against the United States to the amount of \$43,428,165 for this single year. That Brazil is increasing her exports of coffee to the United States while decreasing her purchases is evident from the following comparison:

TRADE WITH BRAZIL.

Purchase of Coffee.

Fiscal Year.	Exports to.	Imports from.
1900	\$11,578,119	\$45,004,299
1902	10,391,126	63,819,295

Trade balance against the United States in 1900, \$33,426,180.

Trade balance against the United States in 1902, \$43,428,165.

The average value of the coffee imported into the United States is only six and one-half cents per pound; that received from Brazil ranging from 5 1/2 to 6 cents per pound. As this comprises the bulk of the imports it fixes the small prices for the whole market. The small quantities of coffee imported from Central America, the East Indies and from Porto Rico range in value from 10 1/2 to 12 cents per pound, while the import value of Hawaiian coffee last year was 16 cents per pound. At these figures it can be readily seen why it is impossible for Porto Rico and Hawaii to compete with the product from Brazil at almost one-half the price. It is not the best of the South American coffee, by any means, that reaches the American market. Considerable quantities are received from Venezuela but the choicest coffee from that country goes to France, and the same is true of the product of Brazil, which is grown by the cheapest kind of labor, earning about twenty-five cents per day.

If it is true, as one of the experts say, that the discovery of the North Pole is a mere matter of food en-route, that interesting event ought not to be long delayed. It will be a matter of store ships at the landing place farthest north, of connected stations gradually extending to the pole and in wireless or other communication with each other and with as elaborate a service of sledges and dogs as that which was originally put on the Klondike trail. The past trouble seems to have been due to a paucity of resources—the use of one ship, supplies for a couple of years only and dependence upon a small company of men. The conquest of the pole needs an expedition organized like a march against an enemy's stronghold.

Suppose a special grand jury should find, among B. H. Wright's effects, an I O U carefully wrapped up in a piece of ermine and concealed in a carpet bag?

Kohala Hawaiians seemed to hit it exactly when they called Kalanika'olani's vociferations "nonsense."

When the British cable ships come in Honolulu is apt to slantly remember, "There are others."

CASTRO JOINS GEN. GARIDA

WILLEMSTAD, Island of Curacao, September 20.—President Castro of Venezuela, who arrived at Valencia, capital of the state of Carabobo, on Thursday night with 3,660 men, joined forces with Gen. Garido, who has 2,500 men, and left yesterday morning for Tucuyto at the head of a well equipped force with 12 guns to attack the revolutionary army commanded by Gen. Mendez.

It is thought probable that Mendez will retreat to Pao, as he is not strong enough to engage President Castro's forces, and lacks ammunition.

The junction of the two armies of the government of Venezuela has changed the situation, and it is now believed it will be difficult to overthrow President Castro.

Archduke Johann.

LONDON, Sept. 15.—The Vienna correspondent of the Standard telegraphs that a report has been published there, based upon letters from Serbian settlers in the United States, that the missing Archduke Johann is now living on one of the South Sea islands. The author of this is an officer named Paluchich of a Dalmatian vessel. The Archduke disappeared in 1899 and the Imperial family of Austria firmly believe that he is dead.

EXERCISE IN TROPICS

Physicians of Honolulu are almost unanimous in advocating plenty of exercise, both indoor and outdoor, for women in the Hawaiian Islands. The Young Women's Christian Association has taken up the subject and is a strong advocate of all forms of gymnastics which will tend to put energy and strength into women and is accordingly opposed to the general inclination to avoid exercise as much as possible. Statements made by several of Honolulu's physicians indicate that they advocate physical exercise as being a necessary adjunct to permanent good health. In the temperate zone the exhilaration of the bracing atmosphere makes exercise a pleasure, individuals of both sexes indulging in long walks, rowing, bicycle riding, golf and tennis for the pure love of it. Here in the semi-tropics where the climatic conditions breed lassitude rather than energy human nature inclines towards the avoidance of exercise and is too apt to give in to the desire to ride whenever possible instead of walking, and to lie around when tennis, basket-ball, swimming or the gymnasium should be the order of the day.

Living in a community which is a lazy one, as that of Hawaii unquestionably is, a system is the only way in which exercise can be kept up, and no better system can be devised than regular gymnastic work under a skilled instructor.

Local physicians so far as they have been interrogated, are one and all heartily in favor of gymnastic work for women, the work being commenced gradually and carried on under the care of some careful and experienced person. Their advocacy of exercise is expressed in the following signed statements:

EXERCISE: ITS USE AND ABUSE.

It is just as necessary to adopt healthy exercise here, as anywhere else in the world, and possibly even more so, for here the constant warm weather and even temperature, unassociated with the change of season, relaxes the tone of muscular tissue generally, and anyone who knows anything of the elements of anatomy or physiology, can easily understand that the true condition of health is only maintained by muscular action, and that when the tonicity of that is lowered, the vital organs as well as those of less immediate importance are bound to suffer and thus derange those next dependent on them and so on until the constitution is run down. The secretions are no longer normal, the tissues become impoverished and people wonder why it is they have no ambition left.

These remarks apply to man and woman alike. There are many who say they cannot exercise, they get so easily fatigued, and so on. That is very true, and it is just there that those people need some direction and advice in the careful selection of, nature and amount of exercise necessary for each individual.

They begin under the guidance of some physical trainer, who through practice and training has learned to note these things and with their instruction, you will see the fatigue gradually disappear, the capacity for doing and enduring is increased, the natural functions of the body are improved, and a brighter mind rejoices with a healthier body.

This is the use of exercise.

But the majority of us are prone to the other side, the abuse. I mean by that, that we make spasmodic efforts and we take violent exercise once in a while, with no method and at any time; we play hard, or ride hard, or in some way overdo for a short time and then relax into laziness again. This does no good but is harmful. Great fatigue is bad and is a condition of lowered vitality.

Who has not observed the revolution in scholastic training during the last epoch? It has been demonstrated by the most skillful observers that the brightness of the mind, the intellectual clearness and its aptitude for absorbing knowledge, is increased with regular physical exercise and development, and that the girl who enjoys exercise and sports as well as study, is invariably the one who leads in knowledge, and is better able to fill her place as a woman.

In conclusion I will say: I heartily endorse physical training consisting of classes of instruction with directions for conducting exercises at home and trust that your classes may be full, and the work of the Physical Department of the Y. W. C. A. as successful as it deserves.

GEORGE HERBERT, DR. GEO. AUGUR'S VIEWS.

The question is sometimes asked, Is physical exercise of benefit in a climate like this of Honolulu? My own opinion is, after a residence here of four years, that it is not only beneficial but absolutely necessary for the maintenance of perfect health and harmonious development of the whole body. What better illustration do we need of the beneficial results to be obtained from physical exercise, and an out of door existence, coupled with a simple diet, than is afforded by the magnificent development of the early Hawaiians.

That muscular development is dependent upon exercise is a fact cognizant to every thoughtful person, while on the other hand it is not generally known "that increased use of a group of muscles, especially during the period of growth, leads to an increase in the size and efficiency of the nerve-cells of the spinal cord and brain which are connected with them, as it is known to be in the case of the muscles themselves." To carry this thought still further, Sir James Crichton-Browne, a distinguished writer on mental diseases, goes so far as to speculate upon the possibility that "swaddling bands so applied at birth as to restrain all muscular movements and kept on during infancy and childhood, would result in idiocy—a speculation to which the wretched muscular development of most idiots and imbeciles, and the fact

LOCAL BREVITIES.

A team will be given by the Republicans Thursday evening at the home of J. M. M. in Puna.

The Oahu Club has received an encouraging letter from the Maui team in regard to the proposed Thanksgiving game.

High Sheriff Brown has been notified of the death of Ab. Look at Honoluluville as a result of injuries received from burning oil.

The two Chinese charged with counterfeiting were before Commissioner this yesterday and their cases were continued until October 2nd, by which time the grand jury will have considered the evidence.

Gov. Dole stated yesterday that no successor to Treasurer Wright had been decided upon, though he intended to appoint a treasurer. Secretary Cooper is acting only temporarily until the selection can be made.

Articles of incorporation have been filed by the Tropic Fruit Co. with a capital of \$50,000. The company intends to can pineapples at Wahiawa. The stockholders are: Byron O. Clark, trustee, George B. McClellan, trustee, E. C. Rhodes, L. B. Nevin, Edgar Henriques, C. P. Jauke, Mrs. Mary E. Clark, E. S. Boyd and Stephen Mahaulu.

The report of Governor Dole to the Secretary of the Interior for the past year was completed yesterday and will go forward to Washington on the Sierra today. The report contains much valuable information and recommendations, including statements in condensed form from all the departmental chiefs. It will probably be several months before it can be printed in book form, though probably an effort will be made to complete it during the next session of Congress.

That their mental training is most successfully begun and carried on through muscular lessons, give some countenance.

That the effect of muscular exercise acts beneficially not only in developing the muscles and stimulating the cell growth of the nerve centers, but also in increasing the circulation and nutrition of every organ in the body, is apparent from what has been written.

While the greatest development from the systematic training of the body takes place during childhood and youth, yet the beneficial results to be obtained from intelligently directed instruction in gymnastics, in way of improvement to the general health, increased muscular strength, and graceful carriage are not confined to extreme youth.

GEORGE J. AUGUR, M. D. DR. HUMPHRIS ADVOCATES EXERCISE.

In reply to your question as to the advisability of gymnastic exercises in this climate, they are, in my opinion, even more necessary here than in cooler places, and for this reason more especially. In more temperate weather one is apt to take, even without noticing it, more exercise. The tendency here is to take as little exercise as possible, and I think that light exercises in a gymnasium could only be of benefit to any who take them.

With kind regards, F. HOWARD HUMPHRIS, DR. COOPER APPROVES.

In response to your request for an opinion on the necessity of suitable exercise for the gentler sex, especially in this climate, would say that in this of all climates, where the temperature is so even the year around, the whole physical as well as mental condition becomes enervated and is vastly improved in both sexes by well directed exercise. From what I know and have heard of your course of physical instruction.

(Continued on Page 2.)

CAME NEAR BEING A CRIPPLE.

Josh Westhafer, of Loogootee, Ind., U. S. A., is a poor man, but he says he would not be without Chamberlain's Pain Balm if it cost five dollars a bottle, for it saved him from being a cripple. No external application is equal to this liniment for stiff and swollen joints, contracted muscles, stiff neck, sprains and rheumatic and muscular pains. It has also cured numerous cases of partial paralysis. It is for sale by all dealers and druggists. Benson, Smith & Co., Ltd., agents for Hawaii.

HONOLULU STOCK EXCHANGE.

Honolulu, September 29, 1902.

NAME OF STOCK	Capital	Val	Bid	Ask
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MERCANTILE

J. Brewer & Co.	1,000,000	100	400
L. B. Kerr Co., Ltd.	200,000	50

SUGAR

form from all the departmental	
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